

1 1. An exercise system configured to enable a user to perform an exercise
2 program, the exercise system comprising:

3 (a) an exercise mechanism comprising a movable element for movement in
4 performance of exercise by the user, the exercise mechanism having one or more
5 operating parameters that control the moveable element;

6 (b) a communication system remote from the exercise mechanism, the
7 communication system being capable of storing an exercise program, the program
8 comprising at least one of (i) at least one control signal and (ii) data representative
9 of motivational content; and

10 (c) a portable system in communication with the exercise mechanism and
11 the communication system, the portable system being capable of retrieving the
12 exercise program from the communication system, delivering the exercise program
13 to the user of the exercise mechanism, and tracking at least one measurable
14 parameter of the user.

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16 2. A system as recited in claim 1, wherein the portable system is disconnected
17 from the communication system as the portable system delivers the exercise program to the
18 user of the exercise mechanism and tracks the at least one measurable parameter of the
19 user.

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21 3. A system as recited in claim 1, wherein the portable system comprises a
22 control device, an audio delivery device in communication with the control device and a
23 sensing device in communication with the control device.

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1 4. A system as recited in claim 3, wherein the control device is configured to
2 deliver the at least one control signal to the exercise mechanism, the at least one control
3 signal controlling the one or more operating parameters that control the moveable element.

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5 5. A system as recited in claim 3, wherein the control device is an MP3 player.

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7 6. A system a recited in claim 3, wherein the control device is a cordless
8 telephone.

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10 7. A system as recited in claim 1, wherein the portable system comprises an
11 audio delivery device, the audio delivery device comprising at least one speaker.

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13 8. A system as recited in claim 1, wherein the portable system automatically
14 changes the one or more operating parameters of the exercise mechanism in
15 synchronization with the motivational content.

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17 9. A system as recited in claim 1, wherein the portable system comprises:

18 (a) one or more storage devices adapted to store one or more audio
19 signals forming the motivational content; and

20 (b) a control processor configured to deliver the one or more audio
21 signals to the audio delivery device.

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10. A system as recited in claim 1, wherein the portable system communicates with the communication system via a network.

11. A system as recited in claim 10, wherein the network comprises a network selected from the group consisting of a wide area network, a local area network, a home network, a packetized network, the Internet, telephone line, television signals network, radio network.

12. A system as recited in claim 4, wherein the portable system communicates with the exercise mechanism via a transmission media selected from the group consisting of the electrical signal transmission, airwaves, radio frequency, wireless, or infrared.

13. A system as recited in claim 1, wherein the portable system is capable of receiving data representative of at least one measurable parameter of at least one of the user and the exercise mechanism.

14. A system as recited in claim 13, wherein the portable system comprises memory configured to store at least one of the exercise program and the at least one measurable parameter.

1 15. A system as recited in claim 13, wherein the communication system
2 evaluates the data representative of at least one measurable parameter and generates
3 another exercise program specific to the user of the exercise mechanism based upon data
4 representative of the at least one measurable parameter.

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6 16. A system as recited in claim 1, wherein the exercise mechanism
7 communicates with at least one translator device and a computer.

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9 17. A system as recited in claim 1, wherein the user manually changes the one
10 or more operating parameters of the exercise mechanism.

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12 18. A system as recited in claim 1, wherein the communication system
13 comprises a web site.

1 19. A portable system configured to facilitate a user's performance of an
2 exercise program upon an exercise mechanism, the portable system comprising:

3 (a) a control device configured to communicate with a remote
4 communication system, the control device configured to receive an exercise
5 program from the remote communication system;

6 (b) a delivery device communicating with the control device, the
7 delivery device presenting an audio representation of the exercise program to the
8 user; and

9 (c) a sensor communicating with the user of the exercise mechanism,
10 the sensor configured to track at least one measurable parameter of the user and to
11 deliver data representative of the at least one measurable parameter to the control
12 device for delivery to remote communication system.

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14 20. A system as recited in claim 19, wherein the sensor is in contact with the
15 user's skin.

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17 21. A system as recited in claim 19, wherein the sensor is configured to track at
18 least one of the distance traveled by the user during the exercise program and speed of the
19 user during exercise program.

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21 22. A system as recited in claim 19, wherein the sensor is a pedometer, an
22 accelerometer, or a pulse sensor.

1 23. A system as recited in claim 19, wherein the control device communicates
2 with the communication system by way of a computer and a network.

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4 24. A system as recited in claim 19, wherein the control device directly
5 communicates with the communication system.

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7 25. A system as recited in claim 19, wherein the exercise program comprises
8 data representative of motivational content and at least one control signal.

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10 26. A system as recited in claim 25, wherein the exercise mechanism comprises
11 at least one operating parameter, the at least one control signal being capable of controlling
12 the at least one operating parameter of the exercise mechanism.

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14 27. A system as recited in claim 19, wherein the sensor is configured to track at
15 least one measurable parameter of the exercise mechanism.

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17 28. A system as recited in claim 19, wherein the delivery device comprises a
18 headset, the headset comprising at least one speaker.

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20 29. A system as recited in claim 19, wherein the control device communicates
21 with the sensor via a transmission media selected from the group consisting of electrical
22 signal transmission, airwaves, radio frequency, wireless, or infrared.

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30. A system as recited in claim 19, wherein the control device communicates with the delivery device via a transmission media selected from the group consisting of electrical signal transmission, airwaves, radio frequency, wireless, or infrared.

31. A system as recited in claim 19, wherein the control device comprises the sensor.

32. A portable system configured to facilitate a user's performance of an exercise program upon an exercise mechanism, the portable system comprising:

(a) a control device in communication with a remote communication system, the control device comprising a removable memory configured to store an exercise program receivable from the remote communication system, the exercise program comprising data representative of motivational content and at least one control signal;

(b) an audio delivery device communicating with the control device, the audio delivery device comprising at least one speaker capable of delivering the motivational content to the user; and

(c) at least one sensor coupled to the user of the exercise mechanism, the at least one sensor capable of tracking at least one measurable parameter of the user as the user performs the exercise program and delivering data representative of the at least one measurable parameter to the control device for delivery to remote communication system.

33. A device as recited in claim 32, wherein the motivational content comprises an audio signal.

34. A device as recited in claim 32, wherein the at least one control signal is synchronized with the motivational content.

1 35. A device as recited in claim 34, wherein the control device delivers the at
2 least one control signal to the exercise mechanism, the at least one control signal
3 controlling at least one operating parameters of the exercise mechanism.
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5 36. A device as recited in claim 35, wherein the exercise mechanism comprises
6 a movable element for movement in performance of exercise by the user, the exercise
7 mechanism having one or more operating parameters that control the moveable element.
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9 37. A device as recited in claim 36, wherein the user manually changes the one
10 or more operating parameters of the exercise mechanism.
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12 38. A device as recited in claim 36, wherein the control device automatically
13 changes the one or more operating parameters of the exercise mechanism in
14 synchronization with the motivational content.
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16 39. A device as recited in claim 32, wherein the control device is an MP3
17 player.
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1 40. A device as recited in claim 32, wherein the control device comprises non-
2 removable memory.

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4 41. A device as recited in claim 32, wherein the communication system
5 evaluates the data representative of the at least one measurable parameter and generates a
6 second exercise program specific to the user of the exercise mechanism based upon data
7 representative of the at least one measurable parameter.